

JUICES

100% juice, unsweetened

Added Bits/Pulp Single Flavor
Calcium Fortified Reduced Acid
Country Style

Brands & flavors listed in pictures below

NOT ALLOWED TO BUY

Plastic Containers Fruit Drinks
Juice Cocktail Blends of White Grape

FROZEN JUICES



Apple, Grapefruit, Orange



Orange



Apple, Grape (purple), Grapefruit, Orange



Apple, Grapefruit, Orange



Apple, Cranberry, Grapefruit, Grape (Purple & White), Orange



Apple Orange



Grapefruit Orange



Apple (red label only), Grape (Purple)



Apple Orange



Orange (Purple & White)



Grape

CANNED VEGETABLE JUICES



Tomato V8



Tomato Vegetable



Tomato Vegetable



Tomato Vegetable



Tomato Vegetable



Tomato Vegetable



Tomato Vegetable

CANNED FRUIT JUICES



Orange



Grapefruit Orange



Apple Grapefruit



Apple



Cranberry



Grapefruit Orange



Apple, Purple White Grape



Purple or White Grape



Orange Grapefruit

Allowed if specified on WIC check
Single Strength Juice

INFANT FOODS

Infant Cereal

Gerber and Del Monte:
Any plain/dry 8 or 16 oz. box
Barley, mixed, oatmeal, rice



NOT ALLOWED TO BUY

Individual servings Multi-packets
Added fruit, sugar, artificial sweetener or formula



Infant Juice

Gerber and Del Monte all flavors,
100% fruit juice, 4.0 oz. glass or plastic

NOT ALLOWED TO BUY

Vegetable Organic Boxes Added yogurt

Infant Formula



NOT ALLOWED TO BUY

No Substitutions

Only the brand, type and size printed on the front of the WIC Check

CHEESE

8 oz. + 8 oz. = 16 oz. = 1 lb.

Any size up to 16 oz.

American, Cheddar, Colby

Monterey Jack, Mozzarella (part skim).

Any combinations of the approved cheeses

Reduced fat allowed in approved cheeses

Random weight that are pre-packaged,
pre-labeled and pre-priced.

Block or Round Only.

Only boxed cheese allowed is

Kraft Deluxe American



NOT ALLOWED TO BUY

Deli	Individually	Cheese food
Boxed	wrapped	Cream cheese
Flavor added	Sliced	Cheese spread
Flavor bits	Shredded	Cottage Cheese
Imported	String	Cheese product

PEANUT BUTTER

Any size up to 18 oz.

(Creamy, chunky,
crunchy, honey roasted)



NOT ALLOWED TO BUY

Dietetic	Refrigerated
Natural	Peanut Butter Spread
Organic	Added jelly or chocolate

DRIED BEANS/PEAS

Beans: Black, Cow, Crowder

Garbanzo (chick-pea),

Great Northern, Kidney,

Lima, Mixed, Mung, Navy, Pinto, Red, Soy



Peas: Lentils, Black Eyed, Split or Whole Peas.

Allowed if specified on WIC Check

Canned Beans

NOT ALLOWED TO BUY

Added seasoning packets
Green beans
Wax beans
Green garden peas

Food Shopping Guide

Effective October 1, 2006



South Dakota
Department of Health
WIC Program
Acceptable Foods

SOUTH DAKOTA WIC ALLOWED FOODS

+ Coupons may be used + Buy 1, Get 1 Free Allowed + Bonus ounces included in the price are not counted

CEREAL

Boxes and or polybags are allowed in the brands of cereal pictured below

NOT ALLOWED TO BUY

No Substitutions

Added fruits, nuts or marshmallows
Container less than 11.5 ounces
Cold Cereal Single serving boxes

Flavorite



Corn Flakes



Oats & More



Rice Biscuits

Food Club



Corn Flakes

Great Value



Bran Flakes



Corn Flakes

HyVee



Bran Flakes



Corn Flakes



Toasted Rice

Malt-O-Meal



Crispy Rice



Scooters



Mini Spooners

Ralston



Wheat Bran



Corn Flakes



Crispy Rice



Tasteros

Our Family



Bran Flakes



Corn Flakes

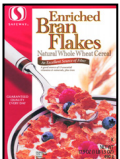


Rice Biscuits



Oats & More

Safeway



Bran Flakes



Corn Flakes



Rice Pockets

Shurfine



Bran Flakes



Corn Flakes



Crunchy Rice

OATMEAL AND GRITS



Flavorite



Food Club



Great Value



HyVee



Our Family



Safeway



Shurfine



Flavorite

Individual Packets Only

NOT ALLOWED TO BUY

Flavors
Round Containers



Great Value

HOT CEREALS



Malt-O-Meal



Malt-O-Meal- Chocolate



Maypo

EGGS

Fresh, Graded,
Large/Medium white



NOT ALLOWED TO BUY

Brown
Extra Large
Vitamin E added
Speciality
(i.e. organic, pasteurized)

FOR EXCLUSIVELY BREASTFEEDING WOMEN

Tuna

6 oz. or 6-1/2 oz. cans of Tuna:
chunk, solid, flaked,
grated dark, or blended,
light (colored not diet).
Water or oil pack,
salt and hydrolyzed
soy protein may
be added.



NOT ALLOWED TO BUY

White
Albacore
Low Salt
Filet
Diet
Foil or mylar package

Carrots

Up to 16 oz., baby (raw or frozen),
mature (raw, canned, frozen all cuts).



NOT ALLOWED TO BUY

Carrots with tops
Added ingredients except salt
Canned baby carrots
Prepared mature raw carrots
Individual servings of baby carrots

MILK - WHITE COW'S MILK

Can be purchased in gallon & half gallon
Skim/Fat Free
Reduced-fat (2%)
Low-fat (1%)
Whole Vit D



Allowed if specified on WIC check

Can be purchased in quarts & 1/2 gallons
Buttermilk (fluid only)
Nonfat dry
Goat (fluid, powdered & canned) (Meyenberg only)
Evaporated (skim, low-fat, or whole)
Lactose-free
Acidophilus
(Meyenberg only)

NOT ALLOWED TO BUY

Flavors (i.e. chocolate)
Added protein (i.e. TLC, Horizon)
Organic (i.e. Preservative Free)
Soy or rice milk
Dairy Beverage